



16  
SERVINGS



SHELF LIFE  
UP TO 25 YEARS

Product good for up to 25 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD

# Creamy Stroganoff

Nutrition Facts	
Serving Size: 1/2 Cup (76g) Dry	
Servings Per Container: 16	
Amount Per Serving	
<b>Calories 310</b> <b>Calories from Fat 90</b>	
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
<b>Saturated Fat 9g</b>	<b>45%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 830mg</b>	<b>35%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 3g</b>	
<b>Protein 8g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 4%</b>
<b>Calcium 4%</b>	<b>Iron 8%</b>
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbs 4 • Protein 4	

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Contains oxygen absorber. Discard immediately upon opening.

### DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Stir entire contents of pouch into 4 1/2 Cups boiling water.
3. Simmer on low heat for 15 minutes, stirring frequently.
4. Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

**INGREDIENTS:** Egg noodles (durum flour [wheat], eggs, glyceryl monostearate, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), coconut creamer (partially hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide and soy lecithin), modified food starch, low sodium vegetarian beef base (salt, hydrolyzed soy protein, maltodextrin, sugar, corn starch, caramel color, onion powder, natural flavors, citric acid, less than 2% silicon dioxide added to prevent caking), garlic powder, sliced mushrooms, dehydrated onion, sea salt, tomato powder, sour cream powder (cultured cream [cream, nonfat milk, culture, enzymes] salt, lactic acid, tocopherols, vitamin E, ascorbyl palmitate, contains less than 2% silicon dioxide and sodium citrate), natural flavoring, sautéed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch), sautéed onions (onion, soy sauce [soy, maltodextrin, salt], maltodextrin, yeast extract, buttermilk, natural flavor, sunflower oil, salt, chili pepper, less than 2% silicon dioxide), roast meat flavor (yeast extract, salt), black pepper.

**CONTAINS ALLERGEN:** Egg, milk, soy and wheat.